

## Habit 7 – Sharpening the Saw Synopsis

### Introduction

- “Me” time – Take time for yourself.
  - Balance is important in a healthy lifestyle.
  - Stress can make you feel imbalanced.
  - Keep your personal self sharp.
  - Regularly renew the four dimensions of your life.
  - Balance and moderation in all things.
  - Take time out for a time-out – time to take care of you.
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- **The Four Dimensions of Your Life**
    - **Body (Physical Dimension)** – exercise, eat healthy, sleep well, relax.
    - **Brain (Mental Dimension)** – read, educate, write, learn new skills.
    - **Heart (Emotional Dimension)** – build relationships, service, and laugh.
    - **Soul (Spiritual Dimension)** – meditate, keep a journal, pray, take in quality media.

### Caring for Your Body

- Your body is a tool, and if you take good care of it, it will serve you well.
  - Four key ingredients to a healthy body are good sleeping habits, physical relaxation, good nutrition and exercise.
  - You are what you eat – Listen to your body. Pay careful attention to how different foods make you feel. Everyone responds differently to food. Eating late at night or greasy food may make you not feel so well.
  - Be moderate and avoid extremes.
  - Food affects mood, so eat with care. Some junk food that is loaded with salt and sugar may make you act differently.
  - Exercise can make you feel better.
  - It is all about how you feel, not how to look.
  - The most important thing is feeling good physically – and not so much your appearance.
  - Don’t become obsessed with our looks.
  - Many fashion magazines airbrush and photo shop models to look perfect.
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- **Ten Ways Teens Can Keep Their Physical Selves Sharp:**
    - Eat good food
    - Relax in the bathtub
    - Bike
    - Lift weights
    - Get enough sleep
    - Practice yoga
    - Play sports
    - Take walks
    - Stretch out
    - Do an aerobics workout
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- Avoid addictive substances. Addiction destroys your body.
  - Don’t let the tobacco industry sucker you. They spend a lot of money on advertising to make smoking look cool. Smoking KILLS!!!!!!

**“The Refusal Skill”** teaches steps you can take to refuse when pressured to drink, smoke, do drugs, and don’t really want to.

- **Ask Questions** – ask tough questions that make you think about what you are about to do. Ex. “Do I really want to do this?”
- **Name the Trouble** – put a face on what you are doing. Ex. “Underage drinking is illegal.”
- **State the Consequences** – think through the consequences. Ex. “I could die.”
- **Suggest an Alternative** – have a list of fun alternatives. Ex. “Let’s go play basketball.”
- **Take Off** – getaway, leave a bad situation. Ex. “Dude, I gotta go!”

\*\*\* From The Refusal Skill – Comprehensive Health Education Foundation (C.H.E.F.), Seattle Washington

### **Caring for Your Brain**

- Getting a good education may just be the most important price you can pay.
- What you do with your education in your teen years will more than likely determine the quality of life you have in the future.
- Get as much education as you can.
- A college graduate earns about twice as much as a high school graduate.
- Don’t let lack of money be the reason you don’t get more education.
- There are many grants, scholarships, student loans, and student-aid options that are available if you search them out.
- Millions in scholarship money goes unclaimed each year because no one bothered to apply for it.
- Many people sacrifice their education for stupid reasons, like thinking they don’t need an education, becoming obsessed with a part-time job, a girlfriend, a car, or a rock band.
- Athletes sometime sacrifice their education for sports.
- Do not sacrifice your education. It is important for your future.

### **Caring for Your Heart**

- Focus on building relationships
- Make deposits into your Relationship Bank Account (RBA)
- Make deposits into your Personal Bank Account (PBA)
- Deposits into the RBA usually end up in your PBA
- Making other people feel good actually makes you feel good.
- Each day, look for opportunities to make deposits and build lasting friendships.
- Sometimes, all you can do is laugh.
- Laughter makes you healthy and strong.

## **Caring for Your Soul**

- Your soul is your center, wherein lie your deepest convictions and values.
- It is the source for purpose, meaning, and inner peace.
- Your soul is a very private area of your life.

### ➤ **Ways to feed your soul**

- Meditating
- Serving others
- Writing in my journal
- Going for a walk
- Reading inspiring books
- Drawing
- Praying
- Writing poetry or music
- Thinking deeply

**\*\*\*\* Synopsis – Verbatim or paraphrased from Sean Covey – *7 Habits of Highly Effective Teens*.**